

Parents Letter

Dear Parent,

Today your child listened to the story *Spaghetti in a Hot Dog Bun: Having the courage to be who you are* by Maria Dismondy. If you would like to read this story at home, you can find an online reading at: <https://www.youtube.com/watch?v=3cXWrUJlOK8>. This charming story empowers children to always do the right thing and be proud of themselves, even when they are faced with a difficult situation. After the story, your child discussed what makes them special and created a self-portrait to portray themselves as they are.

It is very empowering for a child to create positive beliefs in themselves. When a child is empowered they will feel capable and confident. A child who sees their own value is not only more likely to overcome difficult situations, but to also help others. One way to create these beliefs are through positive words and affirmations. Affirmations teach us positive self-talk, confidence and to speak to ourselves with kindness.

Working together on affirmations as a family can promote growth and build positive relationships. As a family create your own positive affirmations. Turn your affirmations into positive thought cards to serve as a reminder! Tips on how to create positive thought cards and examples of affirmations can be found at: <http://www.planetofsuccess.com/blog/2015/powerfully-positive-affirmations-for-kids/>.

For more information regarding positive affirmations and tips on how to introduce them to your child visit: <https://www.totsandmoms.com/empowering-kids-by-using-positive-affirmation/>.

